



**Kingsport Senior Center News**  
**December 2012**  
**Volume XX Edition 12**  
**1200 East Center Street**  
**Kingsport, Tennessee 37660**

# Christmas Lunch

**Tuesday, December 18**  
**11:30am-1:30pm**  
**First Floor**

**Cost: Bring a dish to serve 8-10**



**Music by Harry and JanRose Hall**

**Sign up's began November 20.**

## Center News

### **Open Door Policy**

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### **Kingsport Senior Center Refund Policy**

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior  
Center is located at  
1200 E. Center Street at the  
Renaissance Center.**

**For more information call the  
Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### **Center Hours**

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See branch site page for more information)**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Membership dues  
For Fiscal year  
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
[shirleybuchanan@kingsporttn.gov](mailto:shirleybuchanan@kingsporttn.gov)  
392-8403

Branch Coordinator ~ Cindy Price  
[cindyprice@kingsporttn.gov](mailto:cindyprice@kingsporttn.gov)  
392-8402

Program Leader ~ Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404

Wellness Coordinator ~ Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407

Program Leader ~ Marlana Williams  
[marlanawilliams@kingsporttn.gov](mailto:marlanawilliams@kingsporttn.gov)  
423-392-8405

Secretary ~ Marsha Mullins  
[marshamullins@kingsporttn.gov](mailto:marshamullins@kingsporttn.gov)  
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406

Program Assistant ~ Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
343-9713

Branch Program Assistant ~ Diana Broyles  
[dianabroyles@kingsporttn.gov](mailto:dianabroyles@kingsporttn.gov)  
247-5942

Nutrition Site Manager ~ Sona Bingham  
246-8060

**The Senior Center will be closed  
on the following days:**

**Tuesday, December 25, 2012  
Tuesday, January 1, 2013.**

# WELLNESS

## WELLNESS SEMINARS

**What’s On Your Plate?:** Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center on **Tuesday, December 4, 2012** at 12:30 in the Card Room. Topic of discussion: What’s On Your Plate? (Part 2). Important Nutrients to Know and Healthy Lifestyle-The Next Step. If you attended the first class be sure to bring your What’s on Your Plate book. This will be a really good seminar so be sure to put it on your calendar, all members are welcome to attend.

**How to Stay Young:** Dr. Connie Fulmer with Living Proof Chiropractic, PLLC will be at the Center on **Tuesday, December 11, 2012** at 12:30 pm in the Card Room. Topic of discussion will be “How to Stay Young The First One Hundred Years”: There will be a spine demonstration to show how the brain sends information down the spinal cord through the nerves which supply every organ and tissue of the body, and the necessity of keeping the spine in alignment so the organs and tissues may receive those signals, thus allowing one to experience optimum health.

**Medical Alert:** Hunter Simpson will be at the Center on **Tuesday, December 18, 2012** at 12:30 pm in the Card Room. Topic of discussion will be “GPS Medical Alert System”: You can now have emergency help no matter where you are. This system keeps you in touch with emergency personnel by using GPS and Cellular technology. Mark your calendar and we hope to see you there.

**What’s On Your Plate?:** Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center on **Tuesday, January 15, 2013** at 12:30 in the Card Room. Topic of discussion: What’s On Your Plate? (Part 3). Food Shopping-Making the Trip Easier, Saving on the Cost, Making Sure Your food is Safe. If you attended part 2 class be sure to bring your What’s on Your Plate book. This will be a really good seminar so be sure to put it on your calendar, all members are welcome to attend.

### Walgreens “Way To Well”

We would like to thank all our members who participated in the Walgreens “Way To Well” contest. Our center had the highest percentage taken first place over all the senior centers in the 1st district area. The 1st place award is \$1000.00 dollars to go toward the Wellness program.

### UT Men's & Women Basketball

For all the Vols Fans we are working on two games in February 2013, there will be more information in the January 2013 Newsletter so be ready to sign up. The tickets will go fast! If you have any other questions see Kevin.

## THE GRIN REAPER

Bad breath could spell a bad death. *Poor dental hygiene may increase your risk of dying of cancer*, say scientists in Sweden. In the recent study, people who had the highest levels of dental plaque were 79 percent more likely to keel over from the big C in a 24-year period than those with clean teeth. As with gum disease, the bacteria in plaque can trigger inflammation elsewhere in your body, says study author Birgitta Soder, Ph.D. Brush smarter: A Netherlands study reports that stannous fluoride toothpastes, such as Crest Pro Health, fight plaque bacteria for 12 hours after you brush.

## YOUR KICK-ASH MEAL PLAN

Beat nicotine with a nectarine. Scientists from the University at Buffalo report that *eating fruits and vegetables can help you quit smoking*. In the 14-month study, people who consumed at least four daily servings of produce were three times as likely to stub the cigs for good as those who ate less than two servings. Study author Jeffrey Haibach, M.P.H., says smokers often mistake hunger for tobacco cravings, so the satiating effect of fiber-rich produce may keep them from lighting up. Another benefit: fruits and vegetables worsen the flavor of that Marlboro, making it taste as disgusting to you as it smells to everyone else.

## Funny Quote of the Month

*A stockbroker urged me to buy a stock that would triple its value every year. I told him, "At may age, I don't even buy green bananas."*

*Claude Pepper*

## Shuffleboard Tournament Winners

1st place: Charles Gray, Joyce Manis, 2nd place: Rose Rowland, Virginia Fleenor, & 3rd place: Patricia Clark, Janis Hill



# Daily Activities and Classes at the Center

## Monday

SilverSneakers Muscular Strength  
and Range of Movement ~ 8:30 ~ Gym  
High Impact Aerobics ~ 9:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30-1:00~ DB Pool  
Beginning Clogging ~ 10:30 ~ Room 302  
Beginning Belly Dance ~ 12:00 noon ~ Room 302  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

## Tuesday

Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Good Neighbors ~ 12:15 ~ Lounge  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday

SilverSneakers Muscular Strength  
and Range of Movement~ 8:30 ~ Gym  
High Impact Aerobics ~ 9:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
Strength Training ~ 10:15 ~ Gym  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Clogging ~ 11:15 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym  
Belly Dancing ~ 1:00 ~ Room 302

## Thursday

Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Exercise for Everybody ~ 10:30 ~ Gym  
Jam Session ~ 12:30 ~ Cafeteria  
Good Neighbors ~ 12:15 ~ Lounge  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym

## Friday

SilverSneakers Muscular Strength  
and Range of Movement ~ 8:30 ~ Gym  
High Impact Aerobics ~ 9:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
Massage Therapy ~ 9:45 ~ Multipurpose Room ~  
(appointment only)  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room

## Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym



TRAVEL AND SPECIAL EVENTS

**Allandale Christmas Dance ~ Allandale Mansion ~** Tuesday December 4, 2012 ~ 6:30pm-9:30pm ~ Cost: \$10 per person ~ **Purchase your ticket at the Senior Center Office.**

**Yoder’s Country Market and Deli ~ Bulls Gap, TN ~** Friday, December 7, 2012 ~ 10:30am-4:30pm ~ Cost: \$8.00/ Plus lunch on your own ~ **Sign up now!**

**Be a Santa to a Senior Wrapping Party ~ Card Room ~** Tuesday, December 11, 2012 ~ 10:00am

**Festival of Trees at Southwest Virginia Museum ~ Lunch at Bonanza Steakhouse ~ Big Stone Gap, VA ~** Wednesday, December 12, 2012 ~ 9:00am–4:30pm ~ Cost: \$8.00/plus lunch on your own ~ **Sign up now!**

**Manicures ~ Multipurpose Room ~** Tuesday, December 11, 2013~ 11:30am ~ Cost: \$2.00 paid to manicurist ~ **Sign up now!**

**Shopping at the Homestead Shoppe and Lunch at Fatz Café ~ Church Hill, TN ~** Thursday, January 24, 2013 ~ 11:30am-4:30pm ~ Cost: \$5.00/ plus lunch on your own ~ **Sign up’s begin December 10.**

**Publicity Committee hosts annual Bean Luncheon ~ Room 239 ~** Thursday, January 31, 2013 ~ 11:15am-1:00pm ~ Cost: \$4.00 per person ~ **Tickets will be sold by committee members beginning January 2, 2013 at table outside the office.**

**Medicare Part D:**

**SHIP event for Kodak retirees or the enrollees of Extra Help program of Medicare**

**Thursday, December 13, 2012  
9:00am-12:00noon  
Computer Lab**

**45 minute appointment blocks**

**Limited space available.**

**Make Gingerbread Houses**

**Monday, December 10, 2012**

**12:30pm-2:00pm**

**Cafeteria**

**Cost: \$5.00 due at sign up**

**Presented by: Chef Tina Norris  
Space is limited to 10 participants.  
Sign up’s began November 15.**

**TRAVEL AND SPECIAL EVENTS**

**Guitar Classes**

**Instructor: Jim Cornelison**

**Class begins week of  
January 7, 2013 and  
ends week of March 18, 2013**

**Sign up in the front office**

**Beginning Guitar:**

**Tuesday at 4:00pm. Room 303. This class will cover sight reading music in the Key of C, and will also include chords in the keys of C & G. Other material, including tablature, will be taught as time permits. Lessons will last approximately 45 minutes.**

**Cost: \$5.00 per lesson. Books required: Mel Bay’s Modern Guitar Method, Grade 1, \$7.99. One additional song book, to be selected before the class starts, will also be needed. Cost should be around \$10.00.**

**Intermediate Guitar**

**Tuesday at 5:00pm. Room 303. This class will include a brief review of sight reading in the Key of C, and reading in other keys will be introduced. Tablature will also be introduced. The primary focus in this class will be on playing chord accompaniment. Songs will be in the keys of C, G, D, and others, as times permits. Lessons will last approximately 45 minutes.**

**Cost: \$5.00 per lesson. Books required: Any method book that includes basic music reading. If you don’t already have a book, I recommend Mel Bay’s Modern Guitar Method, Grade 1, \$7.99. One additional song book, to be selected before the class starts, will also be needed. Cost should be around \$10.00.**

**Rolling Pins for Sale**

**Great rolling pins for individuals who have arthritic hands. The rolling pins are made in our very own wood-shop!**

**Come by the front office to purchase your rolling pin today.**

**Cost: \$3.00**

**OTLB: Farmer’s Daughter and Amish Store**

**Friday, January 11, 2013  
10:30am-3:30pm  
Chuckey, TN**

**Cost: \$8.00/Lunch on your own**

**\$12.75 per person, Family style dining. Cash or check only!!**

**33 person max**

**Sign up’s begin December 7.**



# Your Page

## From the Dancing Corner

### December Christmas Rascals Dance

The December dance at Rascals will celebrate Christmas and will feature *LIMITED EDITION* band. Come out and welcome this group on December 14, 2012. Line Dancing will begin at 6:30pm with the band starting at 7:00pm. Admission is \$8.00 per person or \$15.00 per couple. Please bring a snack to share at band intermission. This will be the last regularly scheduled dance at Rascals. Fridays are no longer available for rental because of expansion of the Middle School program. Beginning in January, 2013, the Dance Committee will hold the second Friday dances at The Red Room, Highway I-81, Exit 66, 234 Carolina Pottery Drive, Blountville.

### New Years Eve Dinner Dance

Another year has flown by! The Friends of Kingsport Senior Center Dance Committee will host a New Years Dance Party again this year at St. Dominics Parish Life Center, 2517 John B. Dennis Highway (Hwy 93), Kingsport. The public is invited. BIG BANG THEORY, a 10 member Dance Band, will provide a variety of rock and dance tunes throughout the evening. Two intermissions will feature Line Dancing. A bountiful buffet of heavy hors d'oeuvres and desserts will be served. Suggested dress is semi-formal, black tie optional. Reservations are required and tickets are available for purchase now. Cost is \$25 per person (\$200 for table of 8). The number of tickets has been restricted to allow ample room for dancing on the beautiful hardwood floor. Kingsport Dance Committee members will sell tickets to interested persons or you may mail a check to: Laverne Olney (Ph: 288-2668), 2729 Berkshire Lane, Kingsport, TN 37660.

## Basic Photography

3:00pm-5:00pm  
Room 230

Tuesday, January 15, 2013  
Thursday, January 17, 2013  
Tuesday, January 22, 2013  
Thursday, January 24, 2013  
Tuesday, January 29, 2013

FREE



## A New Beginning

No meeting in December. Will meet  
again January 18, 2012.  
(Meets the 3rd Thursday of each  
month)

Multipurpose Room

4:30pm-6:00pm

FREE

Leader: Ben Hubert

In this group we re-learn how to enjoy life when we have suffered a loss. Come enjoy light refreshments and learn what this group is all about.

## NEWS TO USE

### Elvis Birthday Party

**Tuesday, January 8, 2013**

**12:30pm-1:30pm**

**Cafeteria**

**FREE**



### Chinese New Year Food Demo

**Monday, January 14, 2013**

**12:30pm-2:00pm**

**Cafeteria**

**Cost: \$2.00 pay at sign up**

**Presented by: Chef Tina Norris**



### A Tasty Treat from Marsha

Kevin Lytle, Wellness Coordinator, shared this recipe. It is delicious and can easily be adjusted for the number of servings needed. Enjoy!

#### **Pork Chop Casserole**

##### Ingredients:

8 boneless pork loin chops, cut about 3/4 inch thick  
1/3 cup flour (I used self-rising flour and omitted the salt)  
1/4 tsp salt  
1/4 tsp pepper  
2 tbsp cooking oil  
1—10 3/4 oz can cream of mushroom soup  
2/3 cup chicken broth  
1/2 cup sour cream  
1/2 tsp ginger (optional)  
1/2 tsp rosemary (optional)  
1 2.8 oz can French-fried onions  
Cooked noodles (Kevin used noodles; I served with cornbread dressing)

##### Directions:

Trim fat from the pork chops. In a shallow dish, combine the flour, salt and pepper. Coat chops with flour mixture. Heat the oil in a large skillet and brown the chops on both sides, remove from heat.  
In a medium mixing bowl, stir together the soup, chicken broth, sour cream, ginger and rosemary. Stir in half of the French-fried onions. Pour sauce into a 3 quart rectangular baking dish. Top with browned chops.  
Cover and bake in a 350 degree oven for 25 min. Uncover and sprinkle with remaining French-fried onions. Bake, uncovered, for 5 to 10 min more or until pork chops are tender and juices run clear. Serve with noodles or your choice of side. Serves 8.



<b>KINGSPORT SENIOR CENTER</b> <b>Winter 2013</b> <b>Session I</b> <b>Class Schedule</b>	
<p><b>This class session will begin week of January 7, 2013 and end week of March 18,2013</b></p> <p><b><u>Computer Classes</u></b>  <b>Four - Six Week Courses ~ \$25</b>  <b>Two Day Seminars ~ \$15</b>  <b>One Day Seminars ~ \$10</b>  <b>Must sign up in advance of first class.</b></p> <p><b><u>BASIC COMPUTER</u></b>  Tuesdays: January 8, 15, 22, 29, and February 5.  1:00 p.m.—3:30 p.m. \$25.00</p> <p><b><u>BASIC INTERNET</u></b>  Thursdays: March 7, 14, 21, 28 1:00 p.m.—3:30 p.m. \$25.00</p> <p><b><u>MICROSOFT WORD</u></b>  Thursdays: February 7, 14, 21, 28 1:00 p.m.—3:30 p.m. \$25.00</p> <p><b><u>INTERNET SECURITY</u></b>  ONE DAY SEMINAR: Thursday, January 17. 9:00 a.m.—11:30 a.m. &amp; 1:00 p.m.—3:30 p.m. \$10.00</p> <p><b><u>e-BAY AND AUCTION SITES</u></b>  ONE DAY SEMINAR: Tuesday, April 9. 9:00 a.m.—11:30 a.m. &amp; 1:00 p.m.—3:30 p.m. \$10.00</p> <p>Waiting list for Excel and Email being taken</p> <p><b><i>Payment is due the first day of class.</i></b>  <b><i><u>All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.</u></i></b>  <b><i>Individual help is available for persons with disabilities, in order to learn how to adapt settings on <u>home</u> computers. For more information or to schedule an appointment, call Mary at 392-8433</i></b></p>	<p><b><u>Generations Online Internet Class</u></b></p> <p>Monday, Wednesdays and Fridays  1:00 PM - 5:00 PM</p> <p>This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you.  Please call 392-8433.</p> <hr/> <p><b>Computer lab is available for use unless a class is scheduled.</b></p> <hr/> <p><b>KARAOKE</b></p> <p><b>Tuesday, December 18, 2012</b>  <b>4:00pm</b>  <b>Cafeteria</b></p> <hr/> <p><b>Genealogy Group</b>  Friday’s ~ Computer lab  9:00am</p>

# Winter Classes 2013

## Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

## Art Class - Painting

- Friday
- Time: 2:00pm - 4:00pm
- Location: Room 303
- Instructor: Ann Thwaites
- All types of media; painting and drawing

## Ballroom Dance

- Thursday
- Time: 5:00pm - 6:00pm
- Location: Cafeteria
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, Polka and cut a rug

## Basic Woodworking

- Classes are 6 weeks
- Begins January 8th
- Senior Center Woodshop
- 9 to 11 am
- Tuesdays and Thursdays
- Cost: \$50, materials not included
- Instructor: Howard Osborne

## Massage Therapy

**Fridays with Debra Defrieze**  
**30 minute massage**  
**Cost: \$15.00**  
**call (423)791-4693**

## Ballroom Video Class

- Tuesdays
- Time: 4:30pm - 6:30pm
- Room 302
- No instructor, practice to own music

## Basket weaving

- Tuesday
- Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
- Location: Room 303
- Instructor: Lynne Bowers

## Belly Dance for Beginners (Women Only)

- Mondays
  - Time: 11:30am-12:30pm
  - Location: Room 302
  - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

## Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

## Camera Club

- Please visit website for meeting times
- Instructor: Claude Kelly
  - Website: WWW.scphotogroup.com



Participants in our Game Show Day

## Ceramics

- Tuesdays and Thursdays
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

## Clay (Beginning Throwing)

- Mondays
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00

## Clay (Beginning Hand building I and II)

- Mondays
- Time: 3:30pm-6:30pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00

## Clay (Intermediate Hand Building)

- Wednesdays
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00

## Clogging - (Beginning)

- Mondays
- Time: 10:00am-11:00am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Begins August 13
- Sign up in office

## Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

# Winter 2013 Classes Continued

<p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"><li>• Tuesdays</li><li>• Time: 11:00am</li><li>• Location: Atrium</li><li>• Instructor: Peggy Ferrell</li><li>• Learn to play this beautiful Instrument</li></ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"><li>• Tuesdays &amp; Thursdays</li><li>• Time: 10:30am</li><li>• Location: Gym</li><li>• Instructor: Kevin Lytle</li></ul> <p><b>Good Neighbors</b></p> <ul style="list-style-type: none"><li>• Tuesdays and Thursdays</li><li>• Time: 12:15pm</li><li>• Location: Lounge</li><li>• Staff</li><li>• Guest speakers, trips, bingo and fellowship</li></ul> <p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"><li>• Mondays</li><li>• Time: 9:45am</li><li>• Inspirational singing at nursing homes</li></ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"><li>• Tuesdays &amp; Thursdays</li><li>• Time: 12:30 noon</li><li>• Location: Cafeteria</li></ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"><li>• 3rd Tuesday</li><li>• Time: 4:00 pm</li><li>• Location: Cafeteria</li><li>• Bring snack to share</li></ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 1:00 - 3:00pm</li><li>• Location: Room 303</li><li>• Instructor: Barbara White</li><li>• All skill levels</li></ul>	<p><b>Lap Swimming</b></p> <ul style="list-style-type: none"><li>• M-F</li><li>• Time: TBA</li><li>• Location: Dobyns-Bennett pool</li><li>• No instructor, lap swimming</li></ul> <p><b>Learn How to Play Mahjong</b></p> <ul style="list-style-type: none"><li>• Fridays</li><li>• Time: 2:00pm-4:00pm</li><li>• Location: Multipurpose Room</li><li>• Cost: FREE</li><li>• Instructor: Jean Chang</li></ul> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"><li>• Tuesdays, Thursdays</li><li>• Time: 8:45am - 9:15am</li><li>• Room: 302</li><li>• Instructor: Roger Hixson</li></ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"><li>• Tuesdays &amp; Thursdays</li><li>• 8:00am - 11:00am</li><li>• \$15 (30 minute lessons)</li><li>• pay instructor</li><li>• Location: Multipurpose Room</li><li>• Instructor: Freda Karsnak</li><li>• Call for appt. 423-292-2711</li></ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 9:00am - 10:30am</li><li>• Location: Room 303</li><li>• Instructor: John Plutchak</li></ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"><li>• Tuesdays</li><li>• Time: 10:00am - 11:00am</li><li>• Location: Atrium</li><li>• Instructors: Lucille Hinke and Jan Fenelon</li></ul> <p><b>Sewing Machine Basics</b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Location: Room 303</li><li>• Time: 11:00am - 12:30pm</li><li>• Instructor: John Plutchak</li></ul> <p><b>* This is an Adult Ed class*</b></p>	<p><b>SilverSneakers Muscular Strength and Range of Movement</b></p> <ul style="list-style-type: none"><li>• Monday, Wednesday &amp; Friday (ongoing)</li><li>• Time: 8:30am - 9:15am</li><li>• Location: Gym</li><li>• Low Impact Aerobics</li><li>• Instructor: Terri Bowling</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>• Monday, Wednesday &amp; Friday</li><li>• Time: 10:15am - 11:00am</li><li>• Location: Gym</li><li>• Instructor: Terri Farthing</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>• Tuesday, Thursday</li><li>• Time 9:30am - 10:30am</li><li>• Location: Gym</li><li>• Instructor: Kevin Lytle</li></ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"><li>• Mondays &amp; Wednesdays</li><li>• Time: 8:30am</li><li>• Location: Senior center, Room 310</li><li>• Instructor: Hang Lei</li></ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"><li>• Thursdays</li><li>• Time: 9:00am - 12:00 noon</li><li>• Location: Room 303</li><li>• Beginners welcome</li></ul> <p><b>Yoga and Laughter for Seniors</b></p> <ul style="list-style-type: none"><li>• <b>Will resume Spring class session</b></li><li>• Tuesdays</li><li>• Time: 11:00am</li><li>• Location: Room 302</li><li>• Cost: FREE</li><li>• Instructor: Dr. Sharmi Mehta</li><li>• <b>Requirement: bring a mat to class</b></li></ul>
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# Winter 2013 BRANCH SITE SCHEDULE

**Core Conditioning**

- Tuesday & Thursday
- Time: 10:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

**Beginning Drawing**

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00 –11:00
- Location: Lynn View Branch Site
- Insturctor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

**Line Dance - Intermediate**

- Mondays
  - Time: 12:45pm –1:45pm
  - Location: Boys/Girls Club
  - Instructor: Lyna Faye McConnell
  - Faster-paced, less instruction for ad-  
vanced dancers.
- MUST WEAR SOFT-SOLED SHOES

**Advanced Yoga**

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

**Private Personal training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Tuesday each month
- Lynn View Branch Site
- Please call for reservation

**Strength Training**

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Yoga**

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**Zumba Fitness**

- Tuesdays 10:45am
- Thursdays 11:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

**Silver Sneakers Yoga Stretch**

- Mondays & Wednesdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

**Silver Sneakers Muscular Strength and Range of Movement**

Mondays & Wednesdays  
Time: 10:00 a.m.  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

**Piloxing**

- Tuesdays & Thursdays
- 9:30 a.m.
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

**Game Day**

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickle-ball**

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Branch Site

**Ageless Grace**

- 6 week class (Beginnings September 10)
- Mondays & Wednesdays
- Time: 9:30
- Location: Colonial Heights Baptist Church
- Instructor: Larissa Powers

**Walking**


- Monday-Friday
- Time: 9:00 a.m.—12:00 noon
- Location: Colonial Heights Baptist Church Walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Zumba Gold (lower impact)**

- Wednesday and Friday
- 11:00
- Lynn View Community Center
- Instructor: Rita Justice
- Begins January 16

**Kingsport Senior Artisan  
Center Holiday Hours  
Open Saturdays through  
Christmas 10:00 - 2:00  
Also Open Tuesday and  
Thursday evenings  
4:00 - 7:00 Beginning  
December 3rd**



<div data-bbox="110 475 681 615">  <b>Kingsport</b>  <b>Adult Education</b> </div> <p>Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400 All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <p><b><u>Beginning Computer Literacy</u></b></p> <ul style="list-style-type: none"> <li>• 6 Weeks</li> <li>• Fee \$70</li> <li>• Instructor: TBA</li> <li>• Wednesdays 6:00 - 8:00pm</li> <li>• Location: Computer Lab, Lynn View CC</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Mondays 6:00 - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks (Begins January 21, 2013)</li> <li>• Fee \$70</li> <li>• Mondays 6:00-8:00 p.m.</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesdays 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.</p>	<p><b>CULTURAL/ARTS/CRAFTS</b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• TBA</li> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make 5 cards and take materials home to make additional 5 cards.</p> <p><b><u>Beginning Crochet</u></b> Coming in early 2013! Watch for updates.</p> <p><b><u>Beginning Clay</u></b></p> <ul style="list-style-type: none"> <li>• 8 week class</li> <li>• Tuesdays, 6-8 pm</li> <li>• Fee: \$60 plus \$10 clay and \$10 firing fee</li> <li>• Instructor: Kara Bledsoe</li> <li>• Minimum: 8 students</li> <li>• Maximum: 15 students</li> </ul> <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.</p> <p><b>HEALTH/EXERCISE</b></p> <p><b><u>Beginning Golf Lessons</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Beginning 2nd Tuesday in April, 2013)</li> <li>• Fee: \$25</li> <li>• Tuesdays 6:00 p.m.</li> <li>• Instructor: TBA</li> <li>• Begins April, 2013</li> <li>• Call for more information</li> <li>• </li> </ul> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> </ul> <p>Contact Chris (423-741-5643)</p> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> </ul> <p>New sessions, Nov 29, Jan 17, March</p> <ul style="list-style-type: none"> <li>• \$25 fee per session</li> <li>• 5:15</li> <li>• Thursdays</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul>	<p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks ( Beginning Jan 14)</li> <li>• \$25 for non– members</li> <li>• Instructor: Rita Justis</li> <li>• 5:50 pm</li> <li>• Mondays</li> <li>• Location: Kingsport Renaissance Center</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesdays and Thursdays</li> <li>• 9:30 a.m.</li> <li>• \$25/ 6 weeks for non-members</li> <li>• Colonial Heights Baptist Church</li> <li>• Instructor: Terri Bowling</li> <li>• This class is a combination between pilates and kick boxing. It is a high intensity exercise class.</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• 6:00 p.m.</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b>DANCE CLASSES</b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursdays, 6:30pm - 8:00pm</li> <li>• Begins January 17</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 week class</li> <li>• Dates same as Line Dance</li> <li>• Fee \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesdays, 6:30pm - 8:00pm</li> <li>• Begins January 16</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks (Begins January 15)</li> <li>• Fee: \$10 for 4 weeks/ 8 classes</li> <li>• Tuesday &amp; Thursdays</li> <li>• Time: 1:00</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul>
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# Did You Know??



**The sun is white and only appears yellow to us due to atmospheric scattering blue light.**

**Blue whale arteries are so large, you can crawl through them.**

**The total amount of money in a standard monopoly game is \$15,140.**

**The most children born to one woman is 69. A Russian woman gave birth to 16 sets of twins, 7 sets of triplets and 4 sets of quadruplets.**

**If you bite down on a Wint-O-Green life saver in the dark, you will see sparks.**

**85% of the human population makes less than \$200 a month.**

**Sloppy handwriting skills of doctors are responsible for over 7,000 deaths each year.**

**There are enough preservatives in a bag of Doritos to mummify a small dog.**

**It would take at least 480 bananas to die of potassium overdose.**

**If you spend 1 hour in a swimming pool, you will intake about 50 ounces of urine.**

**We actually live 80 milliseconds in the past because that's how long it takes our brains to process information.**

**Robert Chesebrough, inventor of Vaseline, believed it had healing qualities and ate a spoonful of it every morning.**

**During his or her lifetimes, the average person will grow about 590 miles of hair.**

**Putting dry teabags in a pair of smelly shoes will help absorb the unpleasant odor.**

**Chainsaws were originally created as a tool to help deliver babies.**

**People who only get 6 to 7 hours of sleep a night have a longer life expectancy than those who sleep for 8 hours or more.**

**New York City is owed \$17.2 million in parking tickets.**

**In 2010, teachers in Switzerland had an average salary of about \$112,000 per year.**



# Look what's happening at the Senior Center!!



Patti Albertson was captain of her team during the Pictionary game played on Game Show Day.



Earl Selfe gives the wheel a spin during our Wheel of Fortune game played on Game Show Day.



Joyce Manis draws a great picture for her team in our Pictionary game played on Game Show Day.



Lucy Haggerty brought a variety of cheese for the Cheese 101 seminar.



Velma Poore, Billy Jo Burke, Laura Minnick and Sondra Tornga participated in the Fruit and Veggie Sculpturing class taught by Chef Tina Norris.



Velma Poore Shows off her veggie basket sculpture with Chef Tina Norris.



Glenda New and Billy Jo Burke show off their fruit baskets.

# Christmas Carols and Holiday Goodies



**Friday, December 21, 2012**  
**1:30pm-2:30pm**  
**Atrium**  
**Along with New Vision Youth**  
**Group**

**Sign ups began November 26.**

**Kingsport Senior Center**  
**1200 E. Center Street**  
**Kingsport, TN. 37660**  
**Phone: 423-392-8400**

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